



Millions of Minutes

Physical Activity Challenge

Did you know that the Centers for Disease Control recommends that for good health, adults should engage in at least 30 minutes of moderate physical activity on most days of the week, and children should engage in at least 60 minutes most days of the week? You can walk or exercise in 10 minute segments throughout the day, and still get good health benefits. It may be easier than you think.

The key to success is to start with a reasonable goal, and increase your goal slowly with each passing week. Before long, you will find that it isn't that difficult to find 30 minutes most days to walk or exercise your way to good health.

Beginning on May 9, Rhode Islanders will have an opportunity to track their minutes of physical activity through an online tracker on the Healthy Weight in 2008 website; log minutes with a tracking sheet that can be printed off of the website; or by recording results through any one of Rhode Island's participating community organizations. Over a six month period, Rhode Islanders will be able to track their progress while contributing to a total number of minutes that will be continually updated and reported at the end of the campaign after November 7 – a number that is expected to reach millions of minutes.

Adults of all ages and children are invited to get involved in this statewide program to get Rhode Islanders active and healthy. Shape Up RI members are invited to continue their progress with this new challenge.

How to get involved:

- 1) Print out a physical activity log sheet with great tips on the Healthy Weight in 2008 website (www.healthyweightin2008.ri.gov)
- 2) Log on to the Healthy Weight website to track your progress! The website will provide updates over the six months of the challenge.
- 3) If you exercise better with social support, form a team! The Healthy Weight website will tell you how.
- 4) Ask your employer, local YMCA, fitness center, or community organization if they are participating.